

Bristol Palin & Levi Johnston On “Friendly” Terms



Just a week after announcing yet another split, Bristol Palin and Levi Johnston appear to be on friendly terms, or so Johnston told [People](#) magazine at the Teen Choice Awards on Sunday. A teary Palin had previously told the magazine that “humiliation” led to their most recent split, but Johnston was all smiles at the awards show with “friend” and singer Brittani Sener on his arm.

What do you do when an ex moves on faster than you do?

Cupid’s Advice:

Palin had not been seen publicly since her split with Johnston, and she seemed shaken when she announced the

separation. Johnston, on the other hand, has been out and about with Senser. It's important to accept that your ex might be quicker to bounce back than you are, and to work on getting yourself to a good place, rather than focusing on the other person.

1. Get out there: While it might be easier to hide out in your house and avoid the world, step outside and take on the world. Go for a jog, out to dinner with friends, or indulge in a little retail therapy. Don't hide away; live your life!

2. Don't give in: If your ex is off flaunting a new relationship and word gets back to you, remember to take the high road and avoid commenting on it. What he or she does post-breakup should not be an excuse for you to act immaturely.

3. Love yourself: In the same vein as not discussing your ex with others, don't feel the need to bring he or she into your future relationships. Love and respect yourself enough to just be you, and not let bad breakups affect new possibilities.